



# 60+ Getting Better! Your MAPP to a Healthier Life



Check your area for activities and recreational opportunities that you can enjoy with others!

- Park Districts
- Local Senior Center
- Conservation District
- Libraries
- MCC
- Local Newspaper
- Neighborhood Gyms
- Church Groups
- Township Offices
- Local YMCA
- Book Clubs

## STAYING CONNECTED . . . Why It's Important!

Research indicates that an active social lifestyle is important to maintain a sharp mind, remain connected to the world, increase feelings of happiness and develop a sense of belonging. It gives us a reason to get up and get dressed in the morning.

Benefits include improved:

- 1. Mental Health** - Social interaction helps you stay sharp, healthy and maybe even ward off dementia.
- 2. Emotional Health** - Spending time with friends and family has been shown to increase happiness and help alleviate depression.
- 3. Physical Health** - An active social life can boost the immune system, lower blood pressure, and reduce physical pain.



SOURCE: American Journal of Public Health and University de Montreal

Call 211, it's an information and referral center. **It's FREE.**



## 5 Benefits of Social Media

People over the age of 65 are the fastest growing demographic on Facebook. Today, phones are used less for making phone calls and more for connecting through social media.

- 1. SOCIAL MEDIA CAN KEEP FAMILIES CLOSE** - "I wish I heard more from my children/grandchildren" is a common complaint. So link up and keep up! Open a Facebook account and join the action!
- 2. RESEARCH** - Use social media tools to learn more about topics that interest you or take an online class.
- 3. FAMILY PHOTO AND VIDEO SHARING** - Photos are digital and sharing memories is just a click away.
- 4. COMMUNITY ENGAGEMENT AND BELONGING** - Being part of a community cannot be overstated. Social media can be a way of socializing without leaving your house.
- 5. ONLINE COUPONS AND DISCOUNTS** - Discounts are offered on companies Facebook pages, Twitter users share coupons, and Groupon sites offer local deals.
- 6. YOUR FAMILY'S PEACE OF MIND** - Social media can give families a convenient way to check in daily.

**MCRide** Need a Ride?  
MCRide is a great way to get around McHenry County.



- Operates:  
Mon - Fri 6:00 AM - 7:00 PM  
Sat 9:00 AM - 5:00 PM
- Base fare for seniors is \$1 for the first 5 mi, 25¢ each additional mi.
- Call the Pace Call Center at 800-451-4599 to register & schedule a ride.
- For more information:  
[McHenryCountyDOT.org](http://McHenryCountyDOT.org)